

THE HAWK

FAMILY NEWSLETTER OF LAVEEN ELEMENTARY SCHOOL • JANUARY, 2024

Dear Families,

Happy 2024! I hope you had an enjoyable winter break! As we all make our New Year's Resolutions, this is a good time to remember that Laveen Elementary School is a Mindful School. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and to not become overly reactive or overwhelmed by what's going on around us. Will mindfulness be a bigger part of your new year?

Here are six reasons why mindfulness should be a part of your 2024 resolutions:

1. **Because at the heart of every goal lies the desire to be happier.** Science has shown the benefits of mindfulness extend not only to improved well-being, mental and physical health, better sleep, reduced stress ... but also to an improved level of happiness.
2. **Because life is unpredictable and stress is normal.** Mindfulness helps us to develop an awareness of our internal state and the feelings that are driving our behavior. It allows us the space and time to sit with difficult feelings and make choices toward more helpful behavior.
3. **Because perfection isn't a thing.** Research shows it takes as long as four months to change a behavior, so are we really failures if we miss a gym session or eat a cookie? Mindfulness teaches us acceptance and the art of "letting go." Simply accept, and commit to moving forward.
4. **Because patience is a virtue.** Mindfulness teaches us to slow down our body and mind, so we can actually experience the things we do at a pace we can enjoy.
5. **Because positivity gets results.** Mindfulness helps to focus on the positive and what you will gain from achieving your goals. What *do* you want to do? How *do* you want to think, feel and behave? What *will* these things give you? Mindfulness connects us to the bigger picture and our greater sense of self.
6. **Because mindfulness will help you achieve your other resolutions.** The simple act of being present with what you are doing can soon become a way of being.



With gratitude,
Dr. Robert Caplinger, Principal

FRY'S COMMUNITY REWARDS

If you shop at Fry's Foods Grocery store, please link your Fry's V.I.P. card to **Laveen Elementary School (Laveen Hawks) organization number: AK833**. The Fry's Community Rewards program will automatically donate to our school on your behalf from each of your purchases! This will happen automatically and there is nothing else you ever need to do! **Thank you for your support! Please visit:** frysfood.com/i/community/community-rewards

UPCOMING DATES TO REMEMBER

January 8	School Resumes	February 3	Laveen Community Parade
January 10	Governing Board Meeting (5:30PM)	February 5	Kindergarten Round-up (5:00PM)
January 15	MLK Day - No School	February 7	Governing Board Meeting (5:30PM)
January 18-19	Parent Conference Days	February 14	Happy Valentine's Day
January 18-19	Early Releases/\$1 Dress Downs	February 19	Presidents Day - No School
January 24	Early Release/\$1 Dress Down	February 21	Early Release/\$1 Dress Down
January 25	Teacher Job Fair at LEC (4:30PM)	February 24	1st Grade Family Trip - Phx Zoo
February 2	Student of the Month Breakfast	February 29	Teacher Job Fair at LEC (4:30PM)

If you have questions about events or activities, please call our office at (602) 237-9110, M-F 8:00AM - 4:00PM

2023 ARIZONA CHARITABLE TAX CREDIT

Arizona allows taxpayers to dedicate dollars to education while reducing the amount you owe on your 2023 taxes through the tax credit program. For every dollar you donate, the amount you owe on your Arizona taxes will be that much less. If you do not owe taxes, the amount you donate may be carried forward for up to five years to offset future tax liabilities. **You can make your donation [online](#) or download the form [here](#).**



PARENTVUE WEBSITE AND PHONE APP

It's the start of Q3 and ParentVUE is a website that offers secure, private access to school information, including assignments, grades, progress reports, attendance, school calendar, and teacher contact details. In ParentVUE, you can see the information for all of your students. The ParentVUE Mobile app uses the same user login as the web-based ParentVUE portal. If you need help accessing your child's gradebook, please contact our front office team for assistance. [Click here](#) to access ParentVUE on your computer. **iPhone users:** Download the app from the [Apple App Store](#). **Android users:** Download the app from [Google Play](#).

ORDER YOUR CHILD'S YEARBOOK

Our yearbook class is working hard to create a yearbook that includes all students and captures the best memories of the 2023-24 school year! Yearbooks must be pre-ordered. If you haven't purchased your child's yearbook yet, **please click below or copy/paste the order link into your browser**. If you have any questions, please contact our yearbook advisor, Alyssa Morrison at amorrison@laveeneld.org.

https://www.jostens.com/apps/store/productBrowse/1021470/Laveen-Elementary-School/2023-Yearbook/2020910041645483115/CATALOG_SHOP/

WELL DONE, 6TH GRADE!

Congratulations to Mrs. Bleyl's sixth grade block 1 class for winning this year's Phoenix Suns Grow to Go Challenge! As a class, they showed the most academic growth on our recent district assessments from last Spring to this Winter. Their hard work paid off! They attended a Phoenix Suns game on December 17.

Also, a big shout out to our entire sixth grade and their teachers! On our recent district assessments, they had the highest percentage of students meeting growth targets across the board (Math, Reading, Language and Science) of all schools in the district! **Keep It up, sixth grade!**



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Like us on
Facebook

23rd Annual **LAVEEN** **COMMUNITY PARADE**

Saturday, February 3, 2024
11:00AM Start Time



**This Year's
Theme:
“The Future
is Now!”**

Parade Route:
Dobbins Road from 43rd to 51st Avenues

Road Closures – Please Note
Dobbins Road will be closed from 41st Lane to 51st Avenue from 8:00AM to 1:00PM